BOWFLEX®

SelectTech™

220 • 552 • 1090 DUMBBELLS and BDS1642 • BDS552 STAND Service Manual

Patent #6,422,979 other USA and Foreign Patents Pending

PN 001-6872 Rev B (03/2007)

Important—Please Read

This manual is intended for authorized Bowflex® or Nautilus® certified service personnel and not for the consumer. There are no user-serviceable parts. Servicing of the Bowflex® SelectTech™ equipment by other than authorized Bowflex® or Nautilus® certified service personnel will result in voiding of the warranty.

If you are a consumer and require technical support to resolve a problem with your Bowflex® SelectTech™ Dumbbell Set, please call Nautilus® Customer Service at 800-864-1270 (North America) or +41 460 77 88 (outside North America).

ATTENTION!

FOR DETAILED INSTRUCTIONS AND INFORMATION ON USE FOR YOUR BOWFLEX® SELECTECH™ DUMBELL SET, MODELS BD 220, 552, 1090, AND BDS552 STAND, BDS1642 STAND, REFER TO THE OWNER'S MANUAL.

TABLE OF CONTENTS

Important Safety Information 1

Product Specifications 2

Troubleshooting - BD220, 552, AND1090 Dumbbell

Troubleshooting Guide: BD220, 520 and 1090 Dumbbell 4

Troubleshooting Guide: BDS552, and BDS1642 2-1 stand 5

Troubleshooting Flowcharts 7

Reference Images - Damage 13

Reference Images - Cover Screw on Handle 14

Warranty Information 15

Contact Information 16

Important symbols

ATTENTION

This symbol appearing throughout this manual means:
PAY ATTENTION! BE ALERT! YOUR
SAFETY IS INVOLVED!

The following definitions apply to the words "Danger" and "Warning" found throughout this manual.

Danger - Used to call attention to IMMEDIATE hazards that, if not avoided, will result in immediate, serious personal injury or loss of life.

Warning - Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

WARNING

Before beginning any exercise program, consult your physician or health care professional. Only he or she can determine the exercise program that is appropriate for your particular age and condition. If you experience any lightheadedness, dizziness or shortness of breath while exercising, stop the exercise and consult your physician immediately.

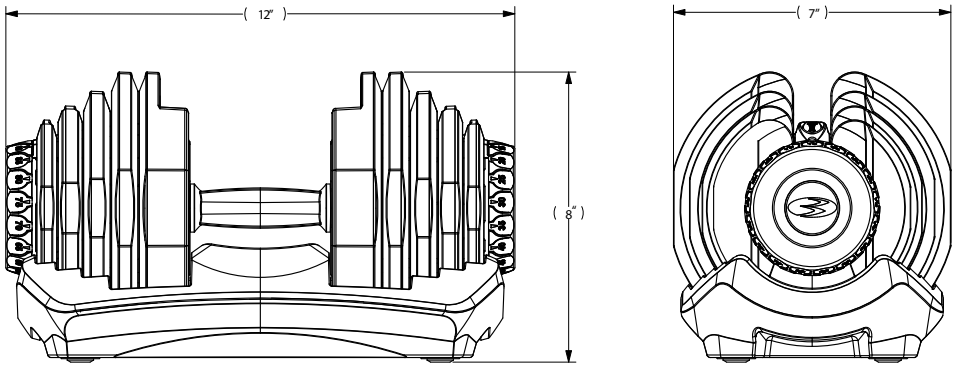
IMPORTANT SAFETY INSTRUCTIONS

1. Read and fully understand all instructions contained in this manual prior to using the product.
2. This product is intended for home use only and is not suitable for commercial application.
3. Never allow children to use or play near this equipment. Teenagers under the age of 18 must always have parental supervision and instruction on the use of this product.
4. Inspect the dumbbells prior to each use. Do not use a dumbbell with worn or damaged parts.
5. Periodically inspect and test the locking mechanism for proper function. Follow the test procedures included in this manual.
6. Never attempt to force the adjustment knob to rotate when the dumbbell has been removed from the dumbbell base.
7. Never allow the dumbbells to drop freely to the ground. Damage to the product and potential personal injury may occur. Please see the warranty section for specific warranty limitations related to dropped dumbbells.
8. Never allow dumbbells to forcefully bump together during use. Damage to the product and potential personal injury may occur.
9. Never attempt to disassemble your SelectTech™ Dumbbell handle, or base assembly–the product is not designed to be user serviced. Contact your Bowflex retailer or Bowflex directly for service.
10. Before beginning your workout, make certain that your surroundings are free from potential interference.
11. The SelectTech™ dumbbells are very heavy; if you are not using the optional SelectTech™ Dumbbell Stand we suggest you place the dumbbell assembly directly on the floor for best support.

PRODUCT SPECIFICATIONS

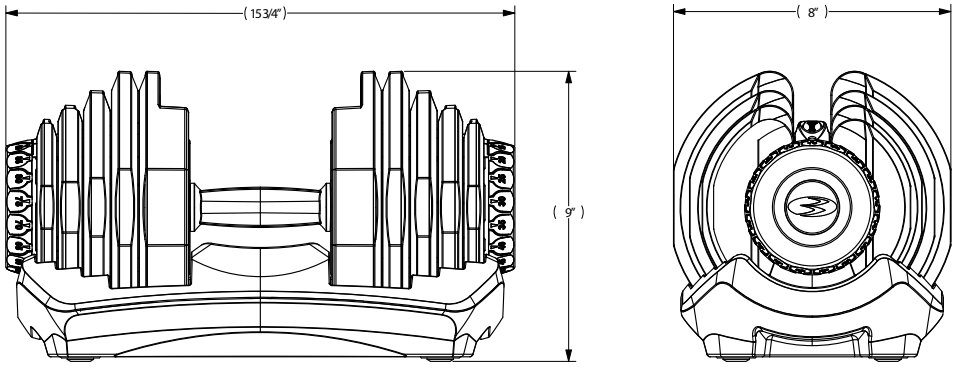
BD220 Dumbbell Assembly Footprint

WEIGHT: 55.12 LBS. (25.05 KG)



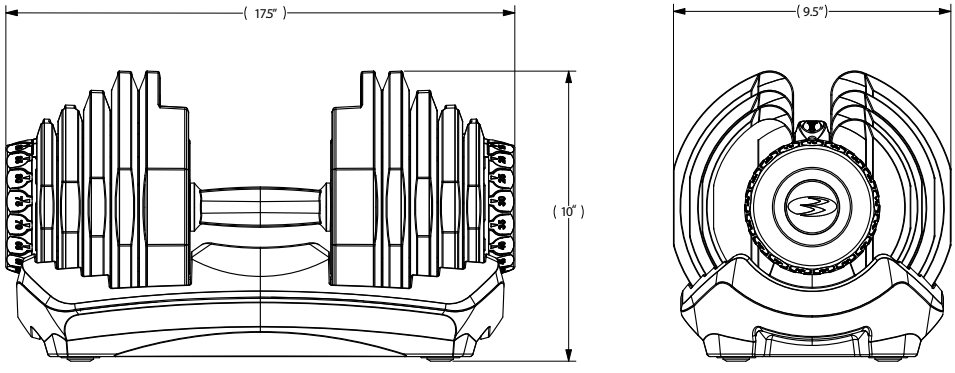
BD552 Dumbbell Assembly Footprint

WEIGHT: 58 LBS. (26.4 KG)

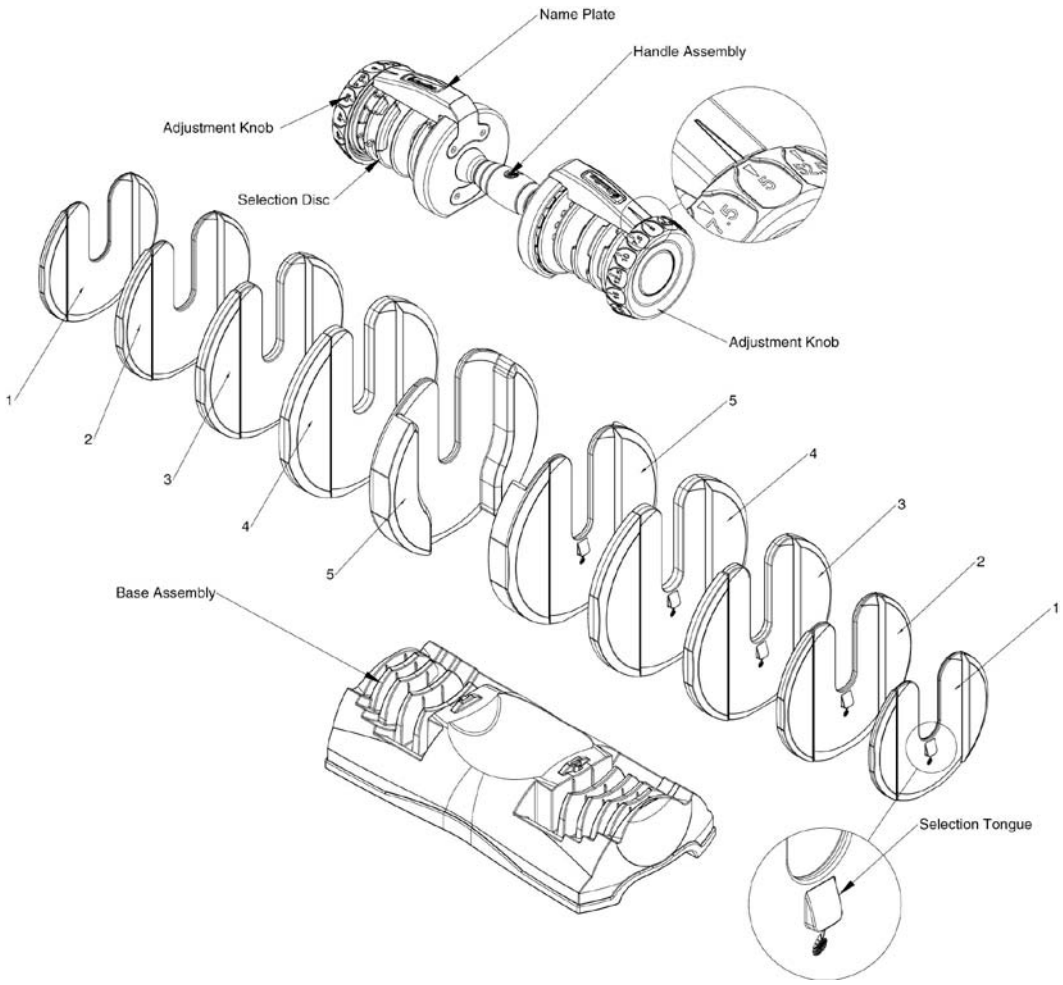


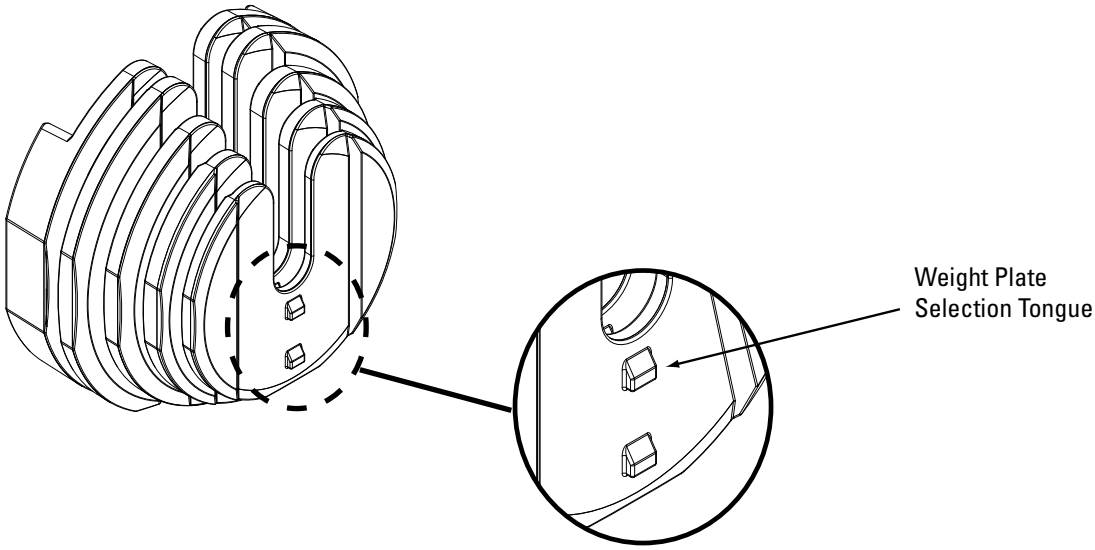
BD1090 Dumbbell Assembly Footprint

WEIGHT: 98 lbs (44.5 kg)



PRODUCT SPECIFICATIONS





Troubleshooting guide

Problem	Solution
Dumbbell handle does not fully insert into base when no plates are selected (handle has no plates attached).	1. Make certain that both adjustment knobs are set directly to the number 5. 2. Make certain that all of the weight plates have the "selection tongue" facing away from the dumbbell grip. If one or more of these are backwards (selection tongue facing inward toward grip), the handle can get blocked, and the plates may wedge into the handle.
Dumbbell handle does not fully insert into base when plates are selected (handle has plates attached).	1. Check to see if you have selected different weights on each side of the dumbbell (for example one adjustment knob is set to 5 and the other is set to 7.5). If this is the case, you must replace the dumbbell in the base with the same orientation in which was withdrawn. This is to allow the plates to settle back into the correct and vacant openings in the base. 2. Verify that the plates not selected (those plates remaining in the dumbbell base) are in their correct spots and have not been moved to a different support slot. This may be blocking the dumbbell from fitting back into the base. 3. See solution #2 from problem above.
Adjustment knob will not turn while handle is in base.	1. Check to assure that the dumbbell handle is fully depressed into the dumbbell base. If not fully depressed, the locking mechanism will not be released and may be keeping the adjustment knobs from rotating. 2. Check to see if any weight plates have been put into the base assembly backwards with the "support tongue" facing the grip of the dumbbell handle. All weight plates must have the selection tongue facing away from the grip of the dumbbell handle. 3. Check to see if there is any dirt, debris or other obstruction in the dumbbell base. You may need to remove the weight plates from the base to accomplish this check. Remember to put each weight plate back in its appropriate location with the selection tongue facing away from the dumbbell grip. 4. Depress the locking tab in the handle and test rotation. If the silver locking tab in the base is loose, replace the base.

TROUBLESHOOTING GUIDE

BDS552 Chrome Stand and BDS1642 2-in-1 STAND- Assembly Troubleshooting

Problem:
The Towel Bar cannot be attached to both Dumbell Platforms. See **Figures 1A and 1B**.

Figure 1A – Incorrect Assembly

Figure 1B – Close-up

Solution:
The Left and Right Dumbbell Platforms are installed on the wrong Legs, and need to be switched. Please refer to the Parts List item numbers and Exploded View in this service manual. Detailed assembly instructions are provided in the Assembly Manual.

Tools:
- 7/32" Hex Key
- 9/16" Socket
- 9/16" Wrench or Adjustable Wrench

Steps:

1-1 Unscrew the Towel Bar (#9) from the Dumbbell Platform (#7 / #8). Set the hardware safely aside.

1-2 Unscrew the Dumbbell Platforms (#7 and #8) from the stand Legs (#1). Set the hardware for each Platform safely aside.

1-3 Attach the Right Platform (#7) to the right Leg (#1) and the Left Platform (#8) to the left Leg (#1) using the hardware from Step 1-2.

Note: When you reinstall the Dumbbell Platforms on the stand, check the following:

- The Dumbell Platforms should be installed so that the screw holes for attaching the Towel Bar are closer to the upper end of each platform. See **Figure 2**.

- The Hold Down Straps should be next to the lower screw holes. See **Figure 2**.
- The "L" or "R" sticker should be at the lower edge of the platform. See **Figure 2**. The"L" sticker should be on the left-hand side and the "R" sticker should be on the right-hand side. (However, the platforms may be mislabeled or the stickers may be missing.)

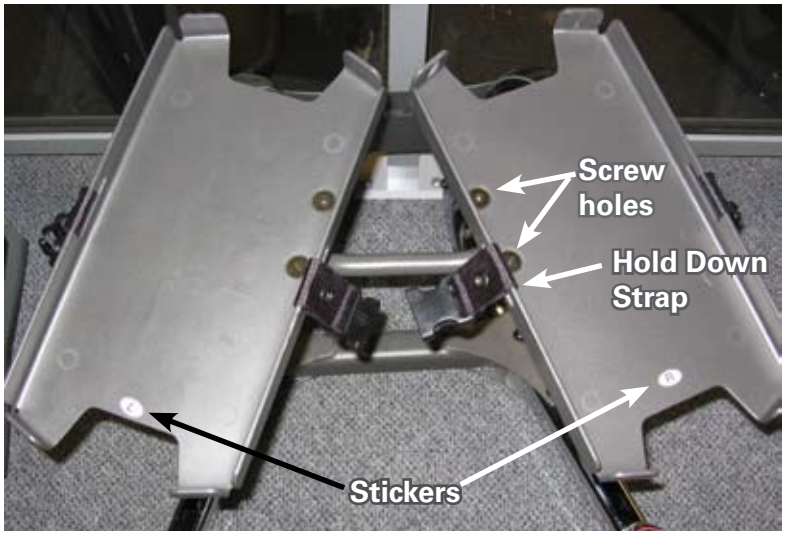


Figure 2 – Correct Assembly

1-4 Attach the Towel Bar (#9) to the Dumbbell Platforms (#7 and #8) using the hardware from Step 1-1. See **Figure 3**.

1-5 Tighten all hardware completely.

Figure 3 – Installed Towel Bar (bottom view)

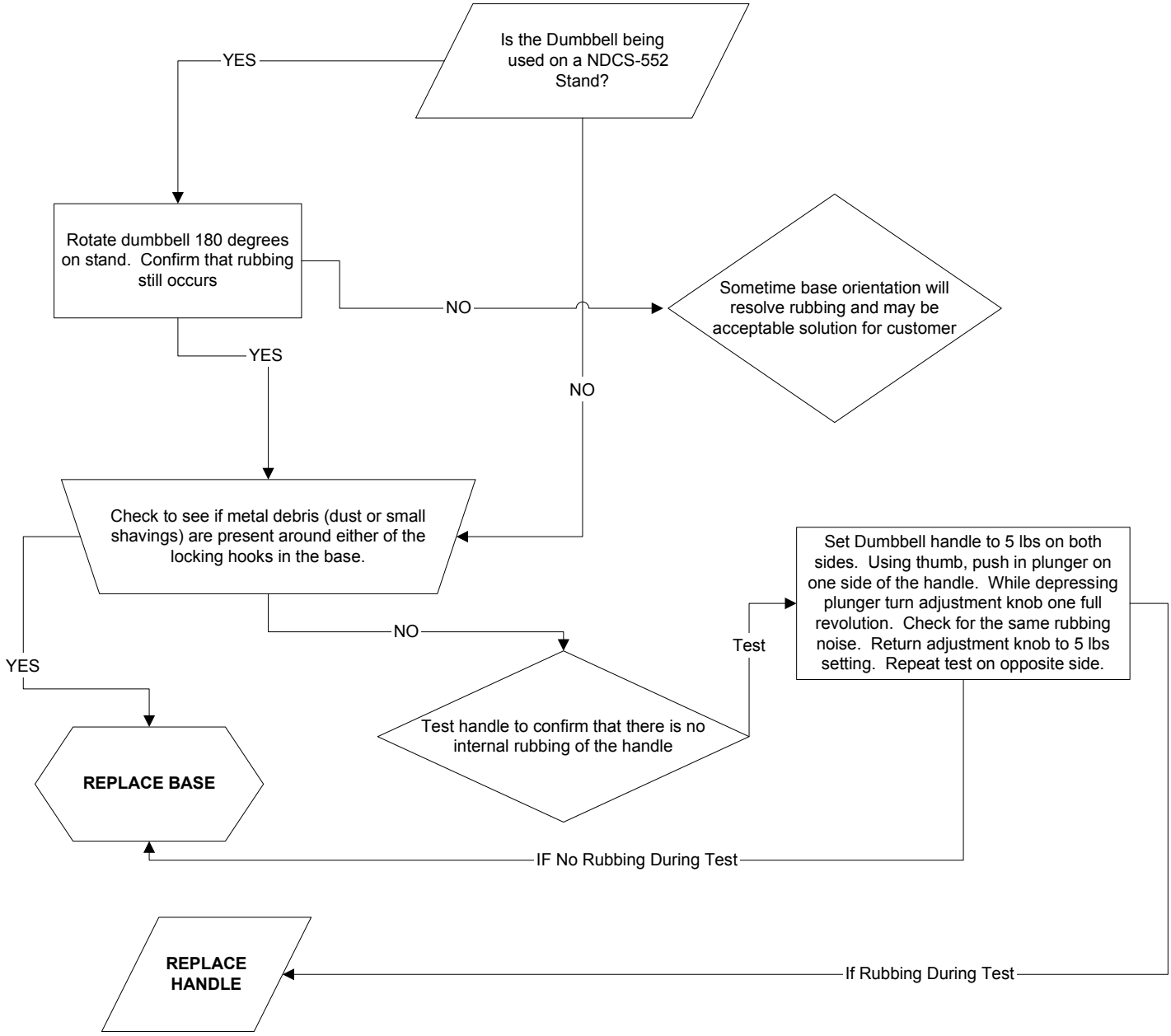
TROUBLESHOOTING FLOWCHARTS

Rubbing Noise from Adjustment Knob

Problem: Customer complaining of a rubbing feel and sound when turning the adjustment knob during weight selection.

Potential causes: The most likely cause of rubbing is interference between the locking mechanism in the dumbbell handle the corresponding hook in the base.

The following steps will help identify if this issue can be addressed by the user of if there is a replacement part required.

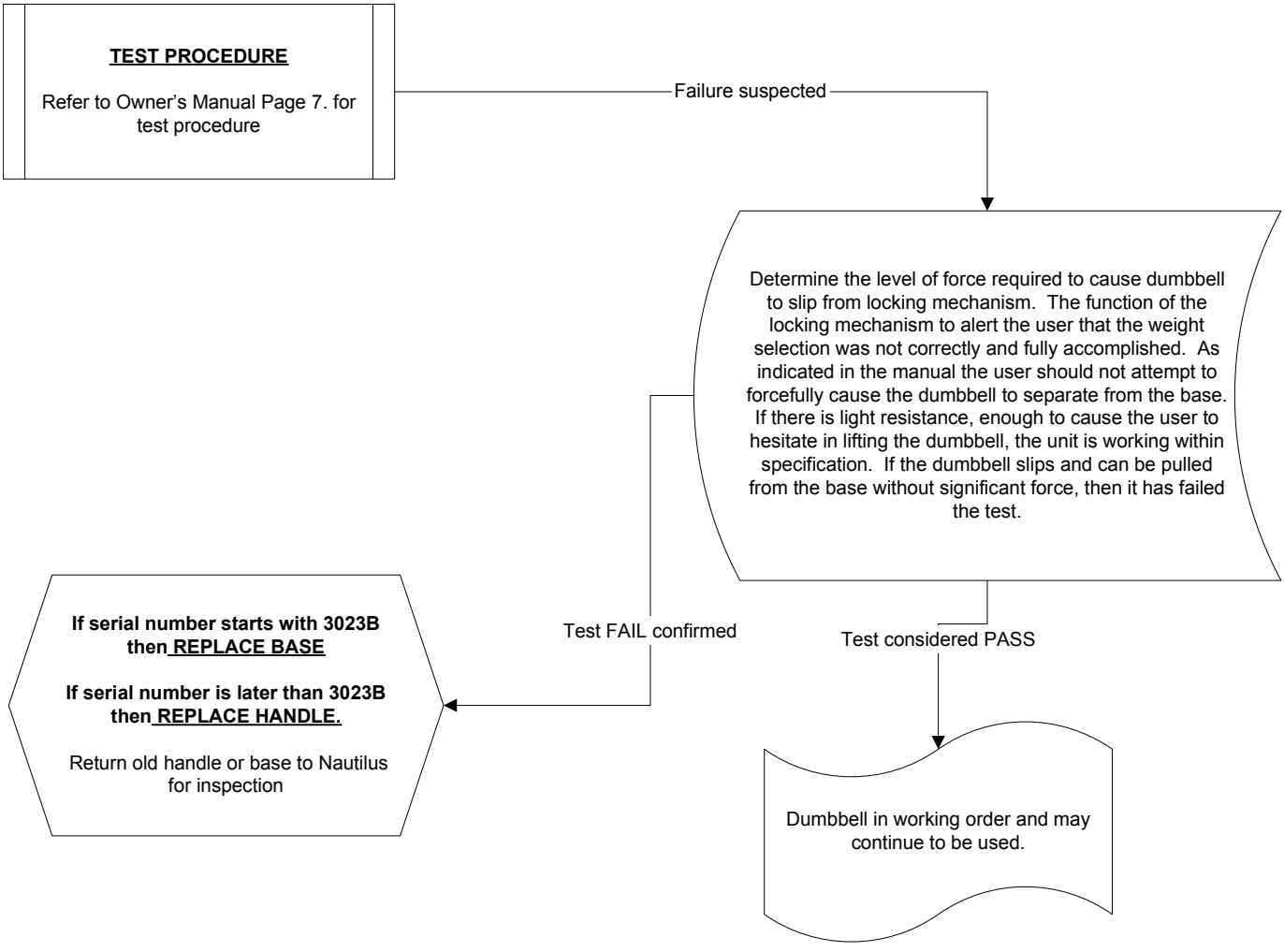

Is the Dumbbell being used on a NDCS-552 Stand?
YES
Rotate dumbbell 180 degrees on stand. Confirm that rubbing still occurs
NO
Sometime base orientation will resolve rubbing and may be acceptable solution for customer
YES
NO
Check to see if metal debris (dust or small shavings) are present around either of the locking hooks in the base.
NO
YES
Set Dumbbell handle to 5 lbs on both sides. Using thumb, push in plunger on one side of the handle. While depressing plunger turn adjustment knob one full revolution. Check for the same rubbing noise. Return adjustment knob to 5 lbs setting. Repeat test on opposite side.
Test
Test handle to confirm that there is no internal rubbing of the handle
REPLACE BASE
IF No Rubbing During Test
REPLACE HANDLE
If Rubbing During Test

Dumbbell Handle Slipping During Test of Locking Mechanism

Explanation: In the Owner's Manual there are instructions how to test for correction function of the internal locking mechanism of the SelectTech Dumbbell. This mechanism is designed to assure the user has fully and correctly selected the desired weight plates and then to retain the plates when the dumbbell is out of the base. This test is to be performed on a new dumbbell right out of the box and then periodically after that to assure continued function.

Problem: Should the dumbbell handle "fail" this test the consumer is instructed to contact Nautilus for service. We must determine if the "failure" is truly an issue with the dumbbell itself, or how the user is performing the test. We must also diagnose why the dumbbell is not performing to expectations and then correct the problem.

The following steps will help determine if the test is being performed correctly, to identify if the dumbbell is performing to specifications and if there is a problem, what might be causing it.


TEST PROCEDURE
Refer to Owner's Manual Page 7. for test procedure
Failure suspected
Determine the level of force required to cause dumbbell to slip from locking mechanism. The function of the locking mechanism to alert the user that the weight selection was not correctly and fully accomplished. As indicated in the manual the user should not attempt to forcefully cause the dumbbell to separate from the base. If there is light resistance, enough to cause the user to hesitate in lifting the dumbbell, the unit is working within specification. If the dumbbell slips and can be pulled from the base without significant force, then it has failed the test.
Test FAIL confirmed
Test considered PASS
If serial number starts with 3023B then REPLACE BASE
If serial number is later than 3023B then REPLACE HANDLE.
Return old handle or base to Nautilus for inspection
Dumbbell in working order and may continue to be used.

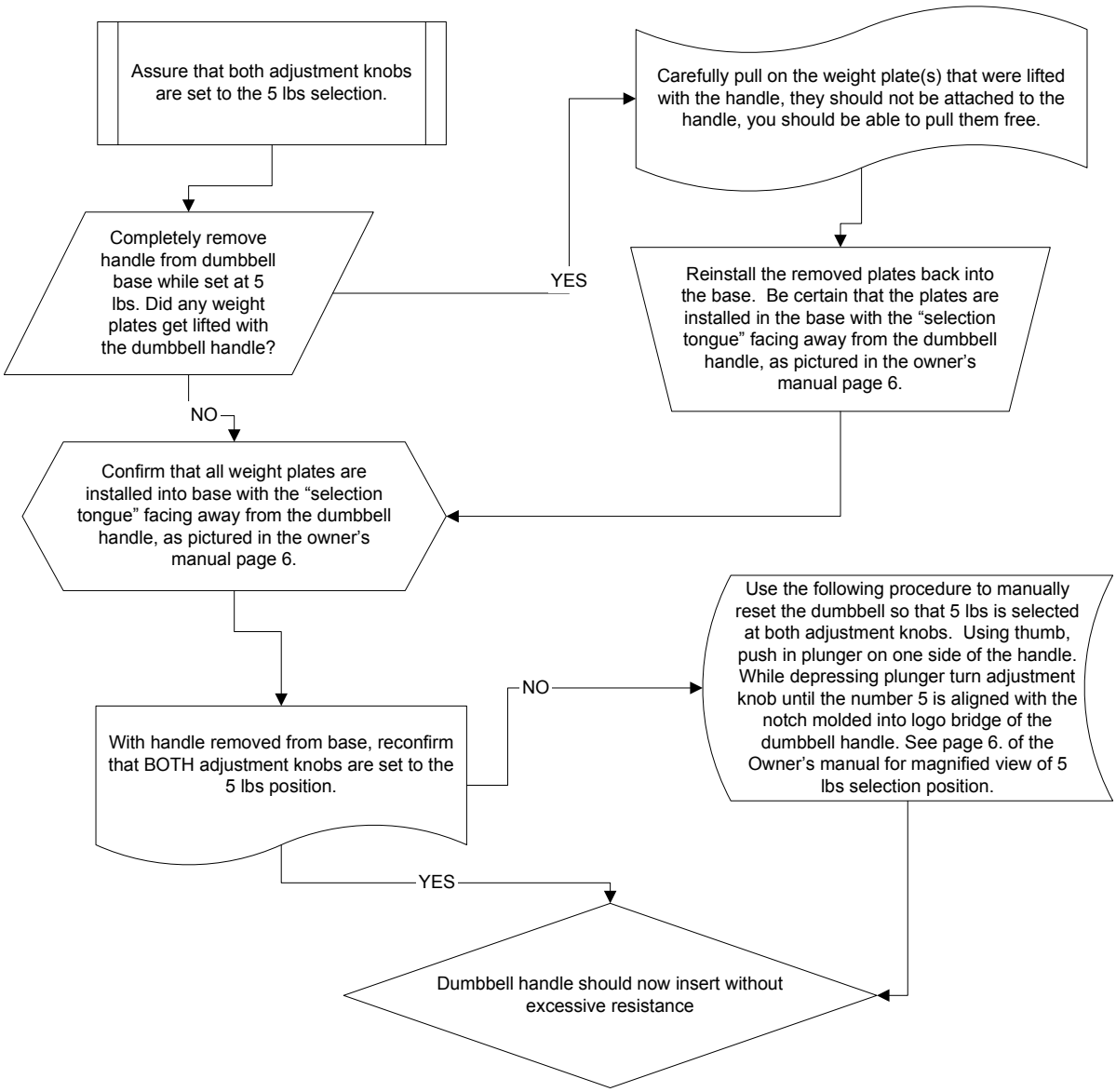
TROUBLESHOOTING FLOWCHARTS

Dumbbell Handle Will Not Insert Easily into Weight Plates – Sticking

Explanation: The dumbbell handle should slide into the weight plates with little to no additional force required. If the dumbbell will not insert into the standing weight plates and resistance is felt, there is likely something incorrect about the set up.

Problem: The extra force required to insert the dumbbell handle is not correct and the cause must be determined and fixed in order for the dumbbell to operate correctly.

The following information will help you determine what may be causing the handle to stick, how to resolve it and to return the unit to proper functioning condition.

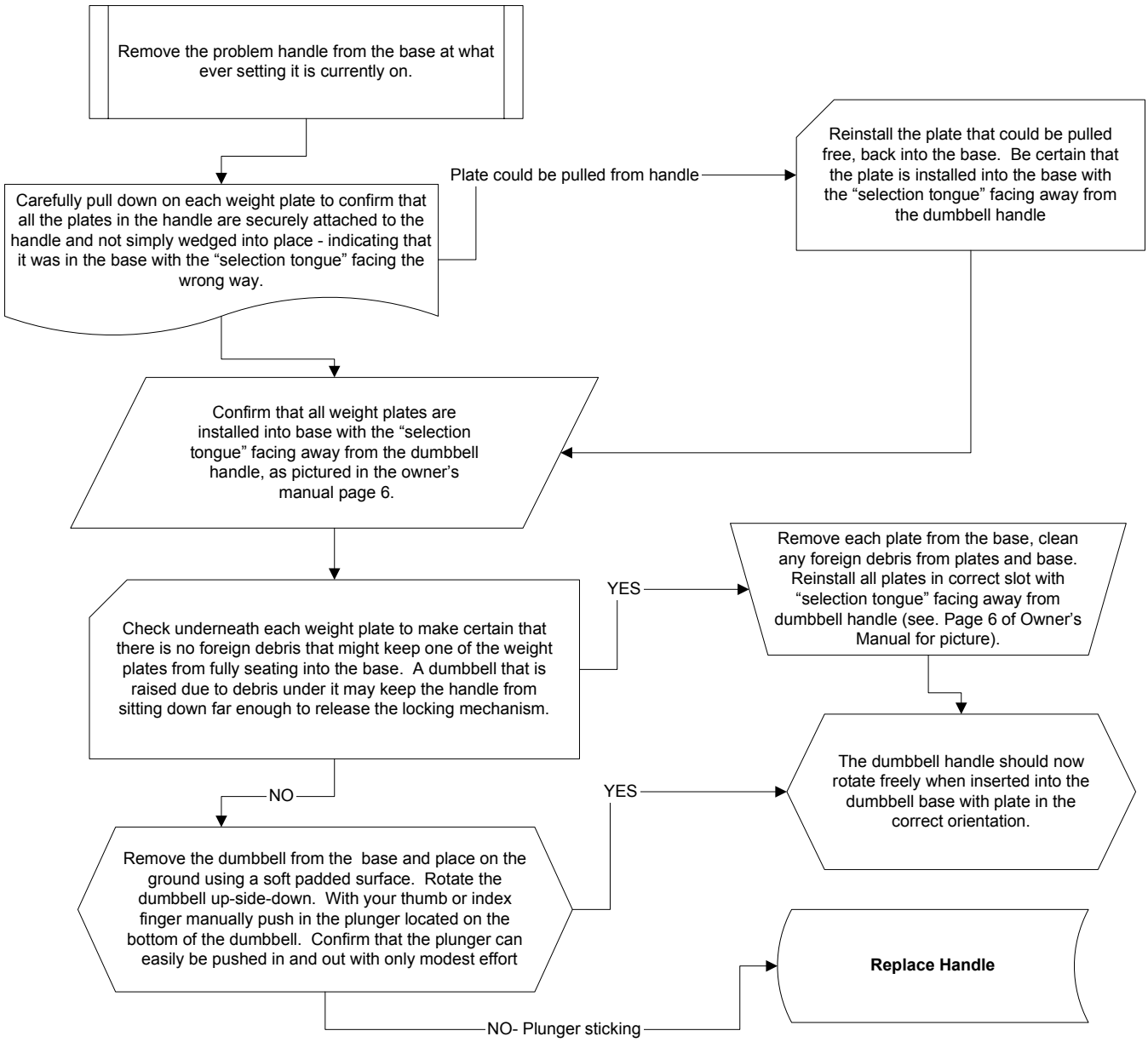

Assure that both adjustment knobs are set to the 5 lbs selection.
Completely remove handle from dumbbell base while set at 5 lbs. Did any weight plates get lifted with the dumbbell handle?
YES
Carefully pull on the weight plate(s) that were lifted with the handle, they should not be attached to the handle, you should be able to pull them free.
Reinstall the removed plates back into the base. Be certain that the plates are installed in the base with the "selection tongue" facing away from the dumbbell handle, as pictured in the owner's manual page 6.
NO
Confirm that all weight plates are installed into base with the "selection tongue" facing away from the dumbbell handle, as pictured in the owner's manual page 6.
With handle removed from base, reconfirm that BOTH adjustment knobs are set to the 5 lbs position.
NO
Use the following procedure to manually reset the dumbbell so that 5 lbs is selected at both adjustment knobs. Using thumb, push in plunger on one side of the handle. While depressing plunger turn adjustment knob until the number 5 is aligned with the notch molded into logo bridge of the dumbbell handle. See page 6. of the Owner's manual for magnified view of 5 lbs selection position.
YES
Dumbbell handle should now insert without excessive resistance

Dumbbell Adjustment Knob Will Not Rotate When in Base

Explanation: The dumbbell adjustment knob should rotate freely with audible and tactile detent notches (clicks). If the knob will not rotate when the handle is in the base there may be something out of position in the assembly that is causing the interference.

Problem: User cannot rotate the adjustment knob when the handle is in the base with weight plates

The following information will help you determine what may be causing the interference, how to resolve it and to return the unit to proper functioning condition.


Remove the problem handle from the base at what ever setting it is currently on.
Carefully pull down on each weight plate to confirm that all the plates in the handle are securely attached to the handle and not simply wedged into place - indicating that it was in the base with the "selection tongue" facing the wrong way.
Plate could be pulled from handle
Reinstall the plate that could be pulled free, back into the base. Be certain that the plate is installed into the base with the "selection tongue" facing away from the dumbbell handle
Confirm that all weight plates are installed into base with the "selection tongue" facing away from the dumbbell handle, as pictured in the owner's manual page 6.
Check underneath each weight plate to make certain that there is no foreign debris that might keep one of the weight plates from fully seating into the base. A dumbbell that is raised due to debris under it may keep the handle from sitting down far enough to release the locking mechanism.
YES
Remove each plate from the base, clean any foreign debris from plates and base. Reinstall all plates in correct slot with "selection tongue" facing away from dumbbell handle (see. Page 6 of Owner's Manual for picture).
NO
YES
The dumbbell handle should now rotate freely when inserted into the dumbbell base with plate in the correct orientation.
Remove the dumbbell from the base and place on the ground using a soft padded surface. Rotate the dumbbell up-side-down. With your thumb or index finger manually push in the plunger located on the bottom of the dumbbell. Confirm that the plunger can easily be pushed in and out with only modest effort
Replace Handle
NO- Plunger sticking

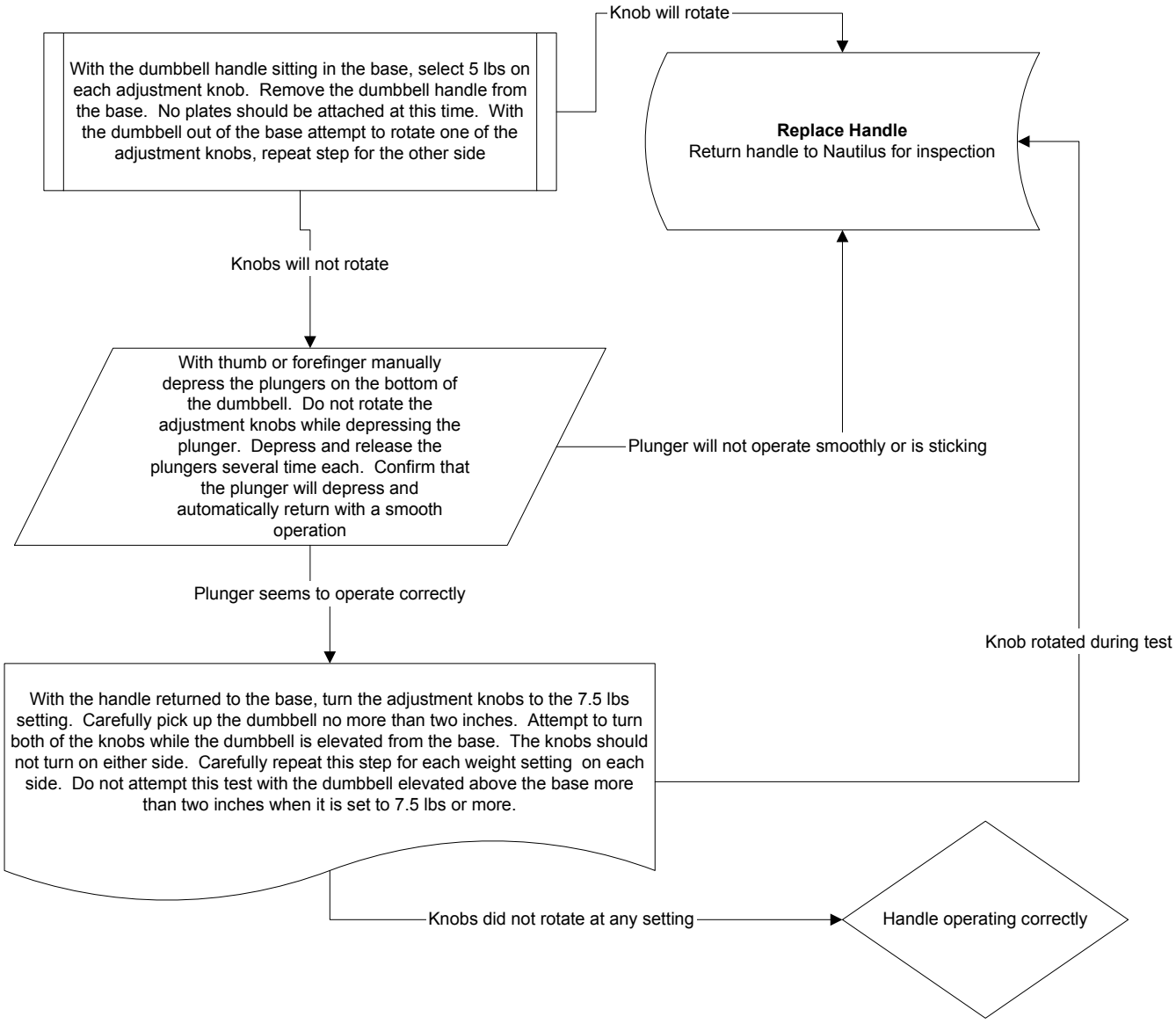
TROUBLESHOOTING FLOWCHARTS

Dumbbell Knob Will Not Lock When out of Base

Explanation: The SelectTech Dumbbell features a locking mechanism that will automatically lock the adjustment knob and keep it from rotating when the dumbbell is removed from the base. This will ensure that the weight plates will not be “de-selected” causing a plate to drop out. It is very important this mechanism function correctly.

Problem: User is able to rotate the handle when dumbbell is removed from the base.

The following information will help you determine what may be causing the problem, how to resolve it and to return the unit to proper functioning condition.


With the dumbbell handle sitting in the base, select 5 lbs on each adjustment knob. Remove the dumbbell handle from the base. No plates should be attached at this time. With the dumbbell out of the base attempt to rotate one of the adjustment knobs, repeat step for the other side
Knob will rotate
Replace Handle
Return handle to Nautilus for inspection
Knobs will not rotate
With thumb or forefinger manually depress the plungers on the bottom of the dumbbell. Do not rotate the adjustment knobs while depressing the plunger. Depress and release the plungers several time each. Confirm that the plunger will depress and automatically return with a smooth operation
Plunger will not operate smoothly or is sticking
Plunger seems to operate correctly
Knob rotated during test
With the handle returned to the base, turn the adjustment knobs to the 7.5 lbs setting. Carefully pick up the dumbbell no more than two inches. Attempt to turn both of the knobs while the dumbbell is elevated from the base. The knobs should not turn on either side. Carefully repeat this step for each weight setting on each side. Do not attempt this test with the dumbbell elevated above the base more than two inches when it is set to 7.5 lbs or more.
Knobs did not rotate at any setting
Handle operating correctly

Smallest Weight Plate (1.25 lbs.) Lifting with Handle When Not Selected

Explanation: Due to the very low weight of the smallest weight plate (1.25 lbs) it is possible that this plate, in some circumstances might be lifted with the dumbbell when it should not be. This is not desirable since the plate is not actually selected by the inner discs and is therefore not retained and could fall from the handle.

Problem: User removes handle from base and smallest plate (1.25 lbs) is lifted when it should not be. Examples are the 5 lbs / 10 lbs / 20 lbs settings; these selections do not involve the 1.25 lbs plate.

The following information will help you determine what may be causing the problem, how to resolve it and to return the unit to proper functioning condition.

Determine conditions under which the smallest weight plate (1.25 lbs) is incorrectly selected when the handle is removed from the base. Does it happen at the 5 lbs or 10 lbs or 20 lbs or all three?

Set the handle to 5 lbs for both adjustment knobs. Remove handle from base. Rotate handle position and reinstall the handle so that the adjustment knobs are now on the other side of the dumbbell.

Repeat first test to see if smallest plate is still incorrectly selected on the same side of the dumbbell as before. If the plate that was a problem before, is no longer a problem the issue may reside with the handle not the plate

NO - plate no longer sticking

YES - still problem

The problem may be resolved by applying a light coat of silicon lubricant such as Schwinn Fit-Tech Lube to the outer surface of the plastic. If this fails to resolve problem then:

REPLACE 1.25 LBS WEIGHT PLATE

Since the plate that was sticking is no longer sticking after rotating the handle we must test the opposite side. Check the opposite side to see if the small plate on that end is incorrectly selected and picked up with the handle

YES - sticking

Since the sticking problem has moved with the position of the dumbbell handle it seems the problem is a tolerance issue with the handle. The problem may be resolved by applying a light coat of silicon lubricant such as Schwinn Fit-Tech Lube to the outer surface of the plastic. If this fails to resolve problem then:

REPLACE HANDLE

Example of 1.25 lbs plate wedged in backwards. Selection tongue on wrong side and only held in with friction. User can simply pull plate out by hand.

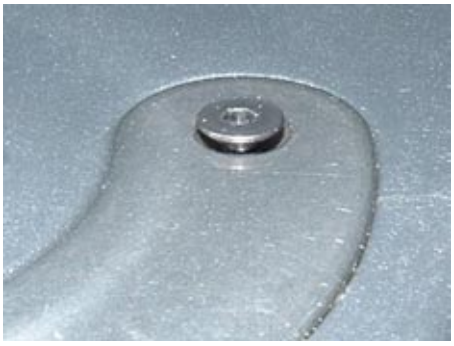
REFERENCE IMAGES - DAMAGE

The three pictures above illustrate the potential damage that may occur to a dumbbell that has had a significant drop. If the customer determines that a certain weight plate is not being selection at a weight setting where it should be selected, they should examine the individual selection collars for any damage similar to these images. This is an indication of a large impact and such damage is most likely to occur on the 2.5 or 5 lbs plates. It is critical that a dumbbell handle with such damage be removed from service and replaced. Generally such damage is will be the result of a drop in excess of those covered by the warranty.

If the Serial Number for a damaged handle starts with 3023B it is possible that the damage occurred from a drop within the 12 inch height restriction of the warranty. This first production lot used Nylon 6 material which was later changed to Nylon 66 result in superior resistance to such damage. In the case of a 30323B serial number a more forgiving interpretation of the warranty limitations is suggested.

If a customer calls about a dropped handle but nothing seems damaged, they should set the dumbbell to 5 lbs, remove the handle from the base and very carefully apply some pressure to all the selection collars while looking for any damage as illustrated in the images above. It is important to apply some pressure to each selection collar parallel to the dumbbell handle (back and forth) to confirm if there are any cracks in the material that are not obvious. This should be done at several locations around each collar. An inspection of each weight plate should also be performed and is covered later. It there is any question about the integrity of the collars, the dumbbell should be replaced.

The weight plate images above illustrate the type of damage one might see after a dropped dumbbell. Obviously the surface upon which the dumbbell is dropped will greatly affect the damage the weight plates incur. In a very severe drop one might see damage to the selection tongue as illustrated in the first image. This is clearly from a very significant and likely repeated drop. This plate must be replaced. In the second image you can see some deformation of the plastic and also the stressed material (white color). This plate may only have cosmetic damage and be totally usable. As long as the cover is not split and the plate fits in the base without any added resistance it is probably in good working order despite the damage. The last image shows deformation from a drop as well as a split in the ultra sonic welded plastic. This plate may still function but the split weld will allow moisture to reach the core and could start rusting. It is strongly recommended that this plate be replaced.



While there are few parts of the SelectTech Dumbbell that are user serviceable, especially with the dumbbell handle, this is one that can be handled by a customer. Should one of the small Allen head screws become loose or is not fully tightened at the factory the customer can tighten this themselves. It is critical that the customer not remove BOTH screws from the covers on the handle assembly. There is a spring mechanism behind the stainless steel plate. As long as one screw is left tight at all times, the other screw is safe to work on. The customer will need a 2 mm (5/64" will also work fine) Allen Key to tighten the screw. The screw does not require a lot of torque, simply snug it down and add ¼ turn.

WARRANTY INFORMATION

WARRANTY

LIMITED WARRANTY FOR EXERCISE PRODUCTS

All Bowflex® branded exercise products manufactured by Nautilus, Inc. are warranted to the purchaser to be free from defects in materials and workmanship. Warranty coverage valid to the original purchaser only and proof of purchase will be required. Any product sold or placed in an application not recommended by Nautilus, Inc. will void any warranty coverage set forth by Bowflex® warranty policies and procedures.

TIME PERIOD FOR DUMBBELLS
This product was designed, warranted, and intended for residential use only.
Residential Environment:
Parts (including handle assembly and base assembly): 2 years
Weight Plates: 5 years
Labor: 1 year from the date of original purchase

TIME PERIOD FOR STAND
This product was designed, warranted, and intended for residential use only.
Residential Environment:
Frame Parts: 30 years
Wear Parts: 30 years
Hardware Fasteners: 6 weeks

THIS WARRANTY DOES NOT COVER
1. Damage to the product resulting from a drop of greater than 12 inches in height.
2. Normal wear and tear.
3. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, Acts of God (such as floods or power surges), or failure to follow instructions or warnings in Owner's Manual.
4. Use of products in a manner or environment for which they were not designed.
5. Extended warranties: Bowflex will not be responsible for any extended coverage terms offered by a distributor or service provider.

LIMITATIONS
The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus, Inc. shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus, Inc.'s liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus, Inc.'s election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

PROCEDURES
Warranty service will be performed by the original retailer (seller) or an authorized Bowflex® service provider. The original purchaser must provide proof of purchase. Service calls, assembly, transportation, and/or delivery expenses are the responsibility of the purchaser 1-800-605-3369.
1. Nautilus, Inc. will have the option to repair or replace any exercise product(s), which require warranty service.
2. Nautilus, Inc. will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value. Nautilus, Inc. is not responsible for labor charges in replacing defective frames.
3. In the event a product cannot be repaired, Nautilus, Inc. will apply a limited credit reimbursement toward another Bowflex® exercise product of equal or greater value.
4. Nautilus, Inc. is not responsible for dealer labor charges for component changeovers completed after the labor-related warranty period(s) stated herein.
5. If you elect to repair an exercise product or part yourself, using the services of someone other than an Authorized Bowflex Dealer, or use a replacement part not supplied by Nautilus, Inc., Nautilus, Inc. shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.
6. See an authorized Bowflex® distributor for more information or write to us at:

Nautilus, Inc.
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683

IMPORTANT CONTACT NUMBERS

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below.

WORLDWIDE CUSTOMER SERVICE

• NORTH AMERICA OFFICE

Nautilus, Inc.
World Headquarters
16400 S.E. Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS
e-mail: customerservice@nautilus.com

• NAUTILUS INNOVATION CENTER

Nautilus, Inc.
1886 Prairie Way
Louisville, Colorado, USA 80027
Phone: 800-864-1270
Fax: 800-898-9410

• CORPORATE HEADQUARTERS

Nautilus, Inc.
World Headquarters
16400 S.E. Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS

INTERNATIONAL CUSTOMER SERVICE

• SWITZERLAND OFFICE

Nautilus International S.A.
Rue Jean Prouve 6
1762 Givisiez / Switzerland
Tel: +41-26-460-77-77
Fax: +41-26-460-77-70

INTERNATIONAL OFFICES:

• SWITZERLAND OFFICE

Nautilus International S.A.
Rue Jean Prouve 6
1762 Givisiez / Switzerland
Tel: +41-26-460-77-77
Fax: +41-26-460-77-70
Web: www.nhfg-intl.com

• GERMANY and AUSTRIA OFFICE

Nautilus GmbH
Tel: 02204-61027
Fax: 02204-62890

• ITALY OFFICE

Nautilus Italy s.r.l.
Tel: 031-51-10-86
Fax: 031-34-24-97

• UNITED KINGDOM OFFICE

Nautilus UK Ltd.
Tel: 01-908-267-345
Fax: 01-908-267-346

BOWFLEX®

For more information about our SelectTech™ equipment or other Bowflex®
equipment for your home, visit www.Nautilus.com.

© 2005 Nautilus, Inc. All Rights Reserved. Nautilus, Bowflex, the Bowflex logo and SelectTech are either registered trademarks or trademarks of Nautilus, Inc.

Nautilus Inc., World Headquarters, 16400 SE Nautilus Drive, Vancouver, Washington, USA 98683
1-800-NAUTILUS www.nautilus.com